



Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE), comprised of Defense and Veterans Brain Injury Center (DVBIC), Deployment Health Clinical Center (DHCC) and National Center for Telehealth and Technology (T2) serves as the principal integrator and authority on psychological health and traumatic brain injury (TBI) knowledge and standards for the Defense Department.

SERVICES

DCoE maintains a **24/7 outreach center** staffed by health resource consultants who provide psychological health and TBI information, resources and referrals for service members, veterans and their families. Anyone, including those with no military affiliation, can call toll-free at 866-966-1020, email resources@dcoeoutreach.org or live chat at dcoe.health.mil/24-7help.aspx. The outreach center also supports the **Real Warriors Campaign**, an initiative launched by DCoE to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families. The campaign promotes help-seeking behavior among service members and veterans with invisible wounds and encourages the awareness and use of available resources.

DCoE manages the **inTransition** program to ensure that service members who receive psychological health care do not “fall through the cracks” when moving from one duty station to another, deploying or transitioning from Defense Department to Department of Veterans Affairs (VA) care. The inTransition coaches enhance the continuity of care and help service members maintain their treatment gains while they transition.

Afterdeployment.org is a Web-based application spanning 18 topics from post-traumatic stress and depression to sleep and stigma. The website is designed for service members, veterans and families to provide an online, anonymous self-care solution and offers multiple access points to learn behavior-change strategies. Features include topical libraries, self-assessments, video-based personal stories, interactive workshops, community forums, expert blogs and a provider training portal.

DCoE also hosts a website with online resources on psychological health care and TBI; participates in training events and conferences; hosts webinars; publishes a blog; offers a news room with timely, relevant information for stakeholders; and uses social media to outreach and provide additional opportunities for people to engage in conversation and access resources.

PRODUCTS

DCoE programs and products drive innovation across the continuum of care by identifying treatment options and other clinical and research methods that deliver superior outcomes. DCoE develops clinical tools to improve the delivery of care, examples include: various clinical recommendations for the assessment and management of conditions associated with mild TBI and psychological health conditions; clinical algorithms; and tool kits to support the diagnosis and treatment of conditions such as substance use disorder, major depressive disorders, and mild traumatic brain injury and co-occurring psychological health conditions.

DCoE CENTERS

Defense and Veterans Brain Injury Center
www.dvbic.org



DVBIC's mission is to serve active-duty military, their beneficiaries and veterans with TBIs through state-of-the-art clinical care, innovative clinical research initiatives and educational programs, and support for force health protection services. DVBIC

serves thousands of patients through a comprehensive network of 18 centers, operating out of 10 military treatment facilities, five VA polytrauma hospitals and two civilian rehabilitation centers.

The Defense Department named DVBIC the office of responsibility for creation and maintenance of a TBI surveillance database, service compliance for pre-deployment neurocognitive testing, creation and distribution of the Family Caregiver Curriculum, design and execution of a 15-year longitudinal study of the effects of TBI in Operations Enduring and Iraqi Freedom service members and their families, and design and completion of an independent head-to-head study to evaluate the reliability and validity of computerized neurocognitive tests.

DVBIC funds BrainLine.org and BrainLineMilitary.org — national multimedia projects offering information and resources about preventing, treating and living with TBI.

Deployment Health Clinical Center www.pdhealth.mil



DHCC's mission is to improve psychological and deployment-related health care in the Military Health System. Key focus areas include identifying innovative systems and practices, conducting empirical research, providing implementation support and performing program evaluation. DHCC's efforts promote a collaborative patient- and family-centered care model which reduces stigma and optimizes resilience, performance and overall health satisfaction.

DHCC developed the **RESPECT-Mil** program, which currently operates in 90 military clinics and screens more than 80,000 primary care visits each month for PTSD and depression. Service members diagnosed with psychological health concerns are assessed and treated in primary care with periodic follow-up, and clinics are closely monitored through embedded program evaluation measures.

The center also studies innovative treatments for PTSD and depression in the military health care system and established a centralized resource center to assist and promote intensive outpatient treatment programs throughout the military.

DHCC collaborates with academic and non-profit partners on numerous clinical trials to advance the care of our service members. The center also distributes

Deployment Health News, a daily electronic digest that features annotated news and journal articles and provider education and training opportunities related to emerging deployment health concerns, promising treatment practices and innovative collaborative care systems.

National Center for Telehealth & Technology www.t2health.org



T2 develops and deploys technology solutions in mobile health and telehealth, and explores emerging technologies in support of psychological health and traumatic brain injury recovery for the military community. These solutions address the

need for continuous access to care and expand the delivery of care to the “white spaces,” or time between medical appointments.

T2's Mobile Health Program improves access to care through convenient web and mobile applications, leveraging the large and growing use of smartphones and tablets by service members, veterans and their families. Web applications include Afterdeployment.org and MilitaryKidsConnect.org, an interactive website designed to help military children with the unique challenges of the military lifestyle. Twelve mobile applications have been released which provide information and self-care tools, clinical references and assistance with clinical treatment for PTSD. A wider collection of mobile apps have been developed in collaboration with the Veterans Administration's National Center for PTSD.

The Telehealth Program focuses on developing approaches for standardizing practice and technology guidelines that improve and ensure connectivity through the Military Health System. The program also researches and promotes improved health care policy and procedures within the Department of Defense to implement a global telehealth system.

The Emerging Technologies Program explores and tests new innovations such as virtual worlds, artificial intelligence and augmented reality which can encourage greater participation by individuals in their health care, decrease costs and engage an increasingly technological population with familiar technology solutions.